

## ABSTRACT

A method for communicating data in a wireless communications system having a base station communicating to at least one of a plurality of terminals over a set of carrier frequencies, the method comprising periodically monitoring the carrier energy level of each said carrier frequency received at a given terminal to identify a list of optimal frequencies over which the carrier energy level is strong enough to maintain a viable transmission from said base station to said given terminal, wherein said viable transmission provides a given coding gain; and simultaneously transmitting a given set of packet data from said base station to said given terminal over a plurality of frequencies from said list of optimal frequencies identified for said given terminal.

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